Amrit Vaani

VYAKHYA

Lekhak

Shri Swami Satyanand Ji Maharaj

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THE VENERABLE SAINT

SWAMI SATYANAND JI MAHARAJ

The most adorable Swamiji was born in a Brahmin family of 'Jaggu Ka Mora', a village in Western Punjab, Pakistan, on the auspicious day of 'Chaitra Poornima', April 26, 1861 (Vikrami Samvat 1918). After the unfortunate demise of both his parents in his early childhood, Swamiji was brought up by his 'Naani' (mother's mother) for about 6 years in 'Ankra', a village in the State of Jammu and Kashmir. As nature would have it, she also passed away when he was barely ten. When only 17, Swamiji came under the influence of Jain saints, left the home to be with them and finally became a Jain monk at the early age of 19. Having acquired proficiency in Sanskrit, he made a thorough reading of Jain scriptures. During this period, Swamiji chanced upon a book called 'The Spiritual Treatment' ('Aadhyatmik Chikitsaa'). This little book aroused his interest and faith in God's Omniscience, Omnipresence and Omnipotence. This phase culminated in Swamiji's firm and unshakeable faith in Almighty God, the

Indweller of all Beings - 'Satchidananda' (Existence - Consciousness - Bliss). When Swamiji was thirty years old, he parted company with the Jain monks on a note of perfect accord, goodwill and gratitude.

After this, Swamiji joined Arya Samaj under whose banner he embraced the Order of Sanyas on December 28, 1891. Thereafter, living in Jalandhar (Punjab), he plunged himself into a deep and systematic study of the Holy Scriptures. He also started delivering discourses on the profundity and significance of the Upanishads, Ramayana, Mahabharta, and the Vedic thought and philosophy. Unaided by any public address system (loud speakers), Swamiji's loud and resonant voice would cast a spell on the thousands of his audience. During this period, Swamiji also authored a number of thoughtful books like 'Dayanand Prakaash', 'Satya Updesh Maala', 'Omkar Upaasana', 'Arya Smajik Dharma', 'Sandhya Yoga', 'Ishwar Darshan', and 'Dayanand Vachnaamrit'. Some of these writings continue to command attention and reverence in the Vedic circles even now. Swamiji carried on his Vedic discourses for about 25 years.

On the occasion of the birth centenary celebrations of Rishi Dayanandji in 1925, Swamiji was impelled by an irresistible call from within to seek complete solitude and, accordingly, he went to Dalhousie, then a lonesome place in what is now Himachal Pradesh. Engaged in ceaseless meditation, he determined to be in a state of complete concentration until the dawn of Supreme Revelation, God-Realization. After about one month, on July 7, 1925, while in deep prayer and meditation, Swamiji became conscious of a voice that was melodious and distinctly audible as 'RAM'. Thence came the divine exhortation, the command, 'Ram Bhaj, Ram Bhaj- Ram Ram', and he beheld God-the Supreme Soul- in all its glory and resplendence. As such, Swamiji accepted Sri Ram as his spiritual mentor - Guru. In 1928, Swamiji undertook his mission of giving 'Naam-Deeksha' - bestowal of Guru-Mantra.

Swamiji wrote a number of books including 'Bhakti Prakash', 'Valmiki Ramayana Saar', 'Srimad Bhagvadgita', 'Ekadashopnishad' - a collection, 'Prarthana Aur Uska Prabhav ', 'Upasak Ka Aantrik Jeevan', 'Bhakti Aur Bhakt Ke Lakshan', 'Sthitpragaya

Ke Lakshan', 'Bhajan Evam Dhwani Sangraha', and the sacred 'Amritvaani'. Inherent with the 'Maha-mantra' of salvation - 'Ram-Naam' - 'Amritvaani' 'happened' to Swamiji by way of 'Divine Grace' (spiritual descent as divine inspiration). Indeed 'Amritvaani' bestows spiritual insight and inner peace on the devout readers. Discourses and thoughts of Swamiji have been preserved and are available in the form of a book called 'Pravachan Piyush'. After receiving 'Naam-deeksha' - 'Guru-mantra', millions of devotees all over the world are being blessed with inner bliss and serenity through incessant recitation and remembrance of 'Ram-Naam'.

At the ripe age of 99, Swami Satyanandji Maharaj - the royal saint (an accomplished great soul), attained 'mahanirvana' on the intervening night of the auspicious 'navami-dashmi' on Sunday, 13th November, 1960 (Samvat 2016) at 10.00 P.M. in Delhi. Presently, every nook and corner of the world resounds with the melodious echo of 'Ram-Naam' while millions recite Swamiji's 'Amritvaani' with faith and reverence.

Key to pronunciation of Words in Amrit Vaani

A	- As 'u' in 'u'ncle[except Ram where a = aa].	-	v
AA	- As 'a' in 'a'sk.	-	vk
I or YI	- As 'i' in s'i't.[except vaani where i = ee]	-	b
EE or YEE	- As 'ee' in s'ee'.	-	bZ
U	- As 'u' in p'u't.	-	m
OO	- As 'oo' in f'oo'l.	-	Å
R	- As 'r' in 'r'ule.	-	j
E or YE	- As 'a' in t'a'pe.	-	,
AI	- As 'a' in h'a't.	-	,s
O	- As 'o' in h'o'pe.	-	vks
AU	- As 'o' in n'o't.	-	vkS
K	- As 'c' in 'c'at.	-	d
KH	- As 'kh' in 'kh'aki.	-	[k
G	- As 'g' in 'g'ame.	-	x
GH	- As 'gh' in 'gh'ost.	-	?k
CH	- As 'ch' in 'ch'arm.	-	p
J	- As 'j' in 'j'ar.	-	t
T	- As 't' in 't'o.	-	V
TH	- As 'th' in 'th'ug	-	B
RDH	- As 'rd' in cho'rd'	-	M+@<+
T	- Soft T as used in French.	-	r

TH	- As 'th' in 'three.	-	Fk	
D	- As 'th' in 'th'is		-	n
D	- As 'd' in 'd'o.	-	M	
DH	- As 'dh' in 'dh'arma	-	/	
N	- As 'n' in 'n'ice.		-	u
P	- As 'p' in 'p'ull.		-	i
PH	- As 'f' in 'f'ull.	-	Q	
B	- As 'b' in 'b'ell.		-	c
BH	- As 'bh' in 'bh'aji (Indian dish)		-	Hk
M	- As 'm' in 'm'an.	-	e	
Y	- As 'y' in 'y'ell.		-	;
L	- As 'l' in 'l'ight'.		-	y
V or W	- As 'v' in 'v'oice.	-	o	
SH	- As 'sh' in 'sh'out.	-	'k	
S	- As 's' in 's'low[except in Sri where s = sh].		-	l
H	- As 'h' in 'h'e.	-	g	
N	- As 'n' in fa'n'cy (half-nasal sound).		-	¡] a

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AMRIT VAANI

A treasure of nectarous utterances that will immortalize any one who reads and recites this Song Celestial (with faith and reverence).

SARVA SHAKTIMATE PARMAATMANE
SRI RAMAAYA NAMAHA (7)

I bow before Sri Ram, who is vested with all powers!

I bow before the source and reservoir of all powers!

I bow and seek shelter with the Supreme Soul, Sri Ram!

I dedicate and surrender myself unto Him!

'Parmaatmaa': The Supreme soul.

RAM - KRIPAA AVTARAN

(Descent of Ram's Grace)

Blessings of Sri Ram on the devotee;

Showering of Sri Ram's Compassion and Benevolence.

'Kripaa': Compassion, Benevolence.

* **Param-Kripaa Suroop Hai, Param-Prabhu Sri Ram, Jan Paavan Parmaatmaa, Param-Purush-Sukhdhaam. ...1**

The Supreme Master- Sri Ram, is an incarnation of boundless compassion and grace. As the Supreme Soul that sanctifies one and all, Sri Ram is the ultimate abode of (peace and) happiness.

'Param': Supreme.

* **Sukhdaa Hai Shubhaa-Kripaa, Shakti Shaanti Swaroop, Hai Gyaan Aanandmayi, Ram-Kripaa Anoop...2.**

Sri Ram is the incarnation of Supreme Grace. He is inherently and essentially a provider of real peace,

happiness and well - being. An inexhaustible(endless) fountainhead of unparalleled grace, love and benevolence, knowing Him grants us strength, wisdom, bliss and peace.

'Roop-Swaroop': While the form(roop) of ornaments may be a necklace, bangle or earrings, their element(swaroop) is gold. Similarly, the visible form of sugar is granules, cubes or powder, yet its essence is sweetness, that is, sugar is inherently sweet in every form.

* **Param-Punya Prateek Hai, Param-Eesh Kaa Naam,**
Taarak-Mantra Shakti-Ghar, Bijaakshar Hai Ram. ...3

God's name symbolizes supreme sanctity and divinity. 'Ram-Naam', the storehouse of Omnipotence, guarantees deliverance from the mortal bondage leading to salvation.

'Mantra': The sacred word (or group of words) endowed with exceptional powers through a process of constant meditation. 'Mantra' ought to ennoble, enlighten and liberate the human soul from the mortal bondage(physical prison-human life).

'Bijaakshar': The core constituent of 'RAM' is formed by the unison of 'R' of 'Agni', 'A' of 'Surya', 'M' of 'Chandra' - the three essential cosmic elements (fire, sun, moon).

* **Saadhak-Saadhan Saadhiye, Samajh Sakal Shubh-Saar.**
Vaachak-Vaachya Ek Hai, Nishchit Dhaar Vichaar. ...4.

O Saadhak ! Undertake spiritual practices in the full knowledge of the fact that Ram-Mantra is the nucleus of all that is Good. Let there be no doubt that the devotee who remembers ('saadhak') and the object of remembrance('saadhya'), one who contemplates and the object of contemplation, the speaker and the subject matter of speech are indeed one and the same.

* **Mantramaya Hee Maaniye, Isht Dev Bhagwaan,**
Devaalaya Hai Ram Kaa, Ram Shabd Gun Khaan. ...5.

Know it without any doubt that your chosen deity- Sri Ram is inherent in Ram-Mantra and abides therein as the origin, source and unfathomable (that cannot be measured) reservoir of all the virtues.

* **Ram-Naam Aaraadhiye, Bheetar Bhar Ye Bhaav,**
Dev-Dayaa Avtaran Kaa, Dhaar Chaugunaa Chaav. ...6

Engrossed in these lofty thoughts and with a heart passionately longing to be blessed with divine grace, focus your fond attention on the profundity and glory of Ram Naam.

* **Mantra Dhaarnaa Yon Kar, Vidhi Se Le Kar Naam,**
Japiye Nishchaya Achal Se, Shakti-Dhaam Sri Ram. ...7

After proper initiation (Naam-Deeksha), undertake constant recitation of Ram-Mantra with unwavering concentration and full faith in the fact that all the powers dwell in and emanate (originate) from Sri Ram - the Source of Energy.

'Mantra-Dhaarnaa': Focussing attention on 'Mantra' only.

'Jap': Recital of Ram-Naam keeping in mind its true meaning.

* **Yathaa Vriksha Bhee Beej Se, Jal-Raj Ritu-Sanyog,**
Paa Kar, Vikse Kram Se, Tyon Mantra Se Yog. ...8

Just as the seed getting conducive environment of earth, water and suitable weather gradually gets transformed into a tree, likewise contemplation of Ram Mantra with faith and devotion leads to higher spiritual attainments.

'Mantra-Yog': A spiritual practice whereby recitation of 'Mantra' leads to God - realization. In short, faith, 'dhyaan' and 'Samaadhi' in unison with ' Mantra ' result in 'Mantra-Yoga'. It follows 'Naam-Jaap' performed with complete devotion and faith.

* **Yathaa Shakti Parmaanu Men, Vidyut-Kosh Samaan,**
Hai Mantra Tyon Shaktimaya,Aisaa Rakhiye Dhyaan. ...9

Our faith in the effectiveness of the 'Mantra' should be akin to the firm belief in the atom being the repository of limitless energy or the powerhouse being the inexhaustible storehouse of power. [A sure remedy for the unwholesome human passions, 'Ram Mantra' absolves our sins and elevates and edifies by inspiring noble thoughts.]

* **Dhruv Dhaaranaa Dhaar Yeh, Raadhiye Mantra Nidhaan,**
Hari-Kripaa Avtaran Kaa,Poorn Rakhiye Gyaan. ...10

Contemplate Ram-Naam with absolute faith and know that by doing so Sri Ram's grace and blessings will definitely descend on you(the devotee).

'Dhruv Dhaarnaa': Mental constancy (Steadfastness) achieved through meditation.

'Mantra Nidhaan': The treasure house of holy and Godly names - the core of all Mantras (Ram).

* **Aataa Khirdhki Dwaar Se, Pawan Tej Kaa Poor,**
Hai Kripaa Tyon Aa Rahi,Karti Durgun Door. ...11.

With the opening of the windows, fresh air and light come in and drive away staleness. Likewise, Sri Ram's grace annihilates (finishes) all vices (and blesses us with virtues) .

* **Batan Dabaane Se Yathaa, Aati Bijli-Dhaar,**
Naam Jaap Prabhaav Se, Tyon Kripaa-Avtaar. ...12.

Electric current begins to flow instantaneously following a push on the switch. Likewise, repetition of God's name with devotion blesses us with His Grace.

* **Kholte Hee Jal Nal Jyon, Bahtaa Vaari Bahaav,**
Jap Se Kripaa Avtarit Ho, Tathaa Sajag Kar Bhaav. ...13.

God's Grace descends automatically instilling life in our faith as a result of constant Jaap (recitation of Ram-Naam), just as water gushes forth as soon as the tap is turned on.

* **Ram Shabd Ko Dhyaaiye, Mantra Taarak Maan,**
Swashakti Sattaa Jag Kare, Upri Chakra Ko Yaan. ...14.

With rapt attention meditate upon 'Ram-Naam' believing it to be means of upliftment, ennoblement and salvation. This awakens and leads the Inner Being vertically upward.

'Chakra': Yoga mentions eight 'Chakras' in the human body: Moolaadhaar, Svaadhisthaan, Manipoor (Naabhi Chakra), Anaahat (Heart), Vishudh (Kanth), Aagyaa (Trikuti), Bindu (Greeva's top) and Sahasraar (head).

'Upri-Chakra': Aagyaa, Bindu and Sahasraar.

* **Dasham Dwaar Se Ho Tabhi, Ram-Kripaa Avtaar,**
Gyaan Shakti Aanand Sah,Saam Shakti Sanchaar. ...15.

Thereon enters through the tenth gate Sri Ram's Grace that paves the way for divine knowledge, strength, inner bliss and steadiness.

'Dasham-Dwaar' : Human body is an entity with nine gates/passages : Two eyes, two ears, two nasal passages, one mouth, two outlets for human excreta. Tenth doorway is invisible and is located higher than the nine doors.

* **Dev Dayaa Swashakti Kaa, Sahasra Kamal Men Milaap,**
Ho Satpurush Sanyog Se,Sarva Nasht Hon Paap. ...16.

With the blessings of a realized saint-soul(Satguru) and God's Grace, the devotee's 'Kundalini' merges into the lotus with thousand petals - the Supreme Consciousness - Sahasraar and instantly 'destroys' all evils and sins. In fact, sublimation and salvation of the human soul presupposes God's Grace, devotee's sincere efforts and will - power, and more importantly,

Guru's blessings and patronage. The human soul becomes one with the Supreme Soul. Then the devotee transcends the mind and attains complete enlightenment.

NAMASKAAR SAPTAK
(Salutation In Seven Couplets)

* **Kartaa Hoon Main Vandanaa, Nat Shir Baarambaar,**
Tujhe Dev Parmaatman,Mangal Shiv Shubhkaar. ...1.

In all humility and deference, I prostrate myself again and yet again before Thee, the Provider of benediction, happiness, peace, serenity and auspiciousness.

'Vandanaa': Salutation; 'Mangal': Benediction; 'Shiv': Happiness, Peace
'Shubh': Auspicious

* **Anjali Par Mastak Kiye, Vinaya Bhakti Ke Saath,**
Namaskaar Meraa Tujhe, Hove Jag Ke Naath. ...2.

With folded hands, the head bowed in reverence and the heart overwhelmed with humility and deference, O Lord of the Universe, I salute Thee!

* **Dono Kar Ko Jordh Kar, Mastak Ghutne Tek,**
Tujh Ko Ho Pranaam Mam, Shat-Shat Koti Anek. ...3.

With folded hands, kneeling and bowing my head, I pray and pay Thou my most devout obeisance.

* **Paap-Haran Mangal-Karan, Charan-Sharan Kaa Dhyaan,**
Dhaar Karoon Pranaam Main, Tujh Ko Shakti Nidhaan....4.

Knowing You to be the Redeemer-Benefactor, I bow before Thee, O Omnipotent Lord!

* **Bhakti-Bhaav Shubh-Bhaavnaa,**
Man Men Bhar Bharpoor,
Shraddhaa Se Tujh Ko Namoon, Mere Ram Hazoor. ...5.

With a spiritual dedication and a heart full of devotion, reverence and lofty thoughts and complete faith, I bow and remember Thee, my venerable Lord Ram!

* **Jyotirmaya Jagdeesh He, Tejomaya Apaar,**
Param Purush Paawan Param, Tujh Ko Ho Namaskaar....6.

Light of all lights and Fountainhead of all energies, O Supreme Being, that purifies and sanctifies all, I lie before you in deference.

* **Satya Gyaan Aanand Ke, Param Dhaam Sri Ram,**
Pulkit Ho Meraa Tujhe, Hove Bahu Pranaam. ...7.

Overwhelmed with ecstasy, I bow again and again before Thee, Sri Ram - the sacred Embodiment of

Existence - Consciousness - Absolute Bliss ('Satchidaananda').

Here Sri Ram has been hailed as the Supreme Soul who is the Source, Abode as well as the Indweller of all beings, the Imperishable and Infinite 'Brahm - Swaroop'.

PRAATAHA PAATH
(Morning Prayer)

Parmaatmaa Sri Ram, Param-Satya Prakaash-Roop, Param Gyaanaanandswaroop, Sarvashaktimaan, Ekaivaadviteeya Parmeshwar, Param-Purush, Dayaalu Devaadhidev Hai, Us Ko Baar-Baar, Namaskaar, Namaskaar, Namaskaar, Namaskaar.

The Supreme Soul, Sri Ram, is the matchless, radiant and non-dual apotheosis (divine elevation) of Absolute Truth, Omnipotence, Omniscience, Omnipresence, Immutability (Changelessness) and Eternal Bliss.

In complete humility and deference, I bow again and yet again before God of Gods, Sri Ram- Grace and Compassion Incarnate.

AMRIT VAANI

Ramaamrit Pad Paawan Vaani,
Ram-Naam Dhun Sudhaa Samaani.
Paawan-Paath Ram-Gun-Graam,
Ram-Ram Jap Ram Hee Ram. ...1.

'Ram-Naam' blesses the devotees with purity and immortality. The nectar-like holy name of Sri Ram ennobles and edifies and should be recited incessantly (without any pause.)

Param Satya Param Vigyaan,
Jyoti-Swaroop Ram Bhagwaan.
Parmaanand, Sarvashaktimaan,
Ram Param Hai Ram Mahaan. ...2.

Sri Ram alone is Absolute Truth, Experiential Wisdom, Light, Bliss and Omnipotence. Perfect and Non-Dual, He is the Supreme Soul.

Amrit Vaani Naam Uchaaran,
Ram-Ram Sukhsidhi-Kaaran.
Amritvaani Amrit Sri Naam,
Ram-Ram Mud Mangal-Dhaam. ...3.

Recitation of Sri Ram's holy name is nectarous (like

nectar) and endows the devotees with success, glory, inner calm and bliss.

Amritroop Ram-Gun Gaan,
Amrit-Kathan Ram Vyaakhyaan.
Amrit-Vachan Ram Kee Charchaa,
Sudhaa Sam Geet Ram Kee Archaa. ...4.

Singing songs in praise of Sri Ram is most sacrosanct as is cherishing and remembering Him with devotion in any manner or form.

Amrit Manan Ram Kaa Jaap,
Ram-Ram Prabhu Ram Alaap.
Amrit Chintan Ram Kaa Dhyaan,
Ram Shabd Men Shuchi Samaadhaan. ...5.

Recitation of Sri Ram's holy name sanctifies everything - 'dhyaan', 'saadhanaa', meditation, contemplation and revelations (answers to the problems appearing during meditation). As the devotee recites 'Ram - Ram', the spiritual significance is felt keenly and subtly; while it is vocal chanting of the word, the Saadhak really meditates and reflects on the spirit.

Amrit Rasnaa Wahee Kahaave,
Ram-Ram, Jahaan Naam Suhaave.
Amrit Karm Naam Kamaaee,
Ram-Ram Param Sukhdaaee. ...6.

Blessed is the tongue that forever remembers 'Ram-Ram'. Indeed, the only significant wealth and righteous deed worth performing consists in constant and sustained recitation of 'Ram-Ram'. This surely bestows lasting inner happiness.

Amrit Ram-Naam Jo Hee Dhyaave,
Amrit Pad So Hee Jan Paave.
Ram-Naam Amrit-Ras Saar,
Detaa Param Aanand Apaar. ...7.

One who contemplates and meditates on Sri Ram-Naam alone achieves salvation. The Supreme Soul is nectar-like and Ram-Naam is the essence of this nectar which fascinates, thrills, elevates and confers eternal bliss.[Amrit-Pad also refers to that state of immortality which is capable of bestowing itself on others].

Ram-Ram Jap He Manaa,
Amrit Vaani Maan.
Ram-Naam Men Ram Ko,
Sadaa Viraajit Jaan. ...8.

O Mind! Remember forever the holy words 'Ram-Ram' as the provider of salvation and immortality. Also, be certain that Lord Sri Ram is forever existent in His Name(Ram-Naam).

Ram-Naam Mud Mangalkaari,
Vighna Hare Sab Paatak Haari.
Ram-Naam Shubh-Shakun Mahaan,
Swasti Shaanti Shivkar Kalyaan. ...9.

Ram-Naam is a dispenser of bliss, well being and is a positive remedy for all troubles. An auspicious and great omen, Sri Ram-Naam showers peace, prosperity, benevolence and happiness.

Ram-Ram Sri Ram-Vichaar,
Maanie Uttam Manglaachaar.
Ram-Ram Man Mukh Se Gaanaa,
Maano Madhur Manorath Paanaa. ...10.

The Beginning of thought-processes centred upon Sri Ram augurs well. Incessant recitation of

Sri Ram-Naam with feeling and devotion soon fructifies and paves the way for God-realization.

'Madhur Manorath': God-realization.

Ram-Naam Jo Jan Man Laave,
Us Men Shubh Sabhi Bas Jaave.
Jahaan Ho Ram-Naam Dhun-Naad,
Bhaagen Wahaan Se Visham-Vishaad. ...11.

Installing Sri Ram-Naam in the inmost niche of the heart fills the devotee with sublimity and higher spiritual 'wealth'. Happy tidings marked by good fortune, peace and prosperity visit the place while the agents of gloom, pain and doom depart from where Ram-Naam is uttered.

'Visham-Vishaad': The three constituents ('Gunas') of 'Prakriti'- 'Sattva', 'Rajas' and 'Tamas' stand for happiness and goodness, pain and restlessness, and darkness, negativity and passivity respectively. He who is afflicted with 'tamas' gets entrapped in the vicious circle of passivity, apathy and inactivity that are difficult to overcome and defy all remedies.

Ram-Naam Man-Tapt Bujhaave,
Sudhaa Ras Seench Shaanti Le Aave.
Ram-Ram Japie Kar Bhaav.
Suvidhaa Suvidhi Bane Banaav. ...12.

Driving away mental agony, the Holy Ram-Naam soothes high-strung nerves and tranquillizes. Our only duty is to recite Ram-Ram with firm faith and devotion. The way to all round success and excellence is paved automatically and the devotee is helped to undertake higher spiritual pilgrimage in a propitious(auspicious) environment.

Ram-Naam Simro Sadaa,
Atishaya Mangal Mool.
Visham-Vikat Sankat Haran,
Kaarak Sab Anukool. ...13.

O Saadhak! With keenness and complete faith, remember forever 'Ram-Naam' - the Provider of invaluable inner peace, comfort, happiness and equanimity, and the Victor who vanquishes agony, anguish and inauspiciousness.

'Visham-Vikat-Sankat': Onset of intolerable and terrible difficulties all at once.

Japnaa Ram-Ram Hai Sukrit,
Ram-Naam Hai Naashak Dushkrit.
Simre Ram-Ram Hee Jo Jan,
Uskaa Ho Shuchitar Tan-Man. ...14.

Devout recitation of Sri Ram's holy name is the most sacred act that ennobles, elevates and sanctifies, besides cleansing the inner dross (evil) by overwhelming the evil and the evil deeds of the devotee.

Jismen Ram-Naam Shubh Jaage,
Us Ke Paap-Taap Sab Bhaage.
Man Se Ram-Naam Jo Uchaare,
Us Ke Bhaagen Bhram Bhaya Saare. ...15.

One whose inner being gets aglow with the Holy Light of Ram Naam no longer suffers the pangs of suffering, adversity, doubt and fear. Anyone who remembers Ram-Naam with devotion, faith and reverence is not bothered by fear and doubt.

'Taap': Pain/adversity in the following forms:-

1. Physical and mental - fever, anger, worry, lust, bereavement etc.
2. Afflictions caused by external factors such as thief, scorpion, snake etc.
3. Natural - Earthquake, floods , drought etc.

'Bhaya': Fear of misfortune such as loss of life, property or prestige.

Jis Men Bas Jaaye Ram Sunaam,
Hove Vah Jan Poornkaam.
Chit Men Ram-Ram Jo Simre,
Nishchaya Bhav Saagar Se Tare. ...16.

He has all his desires fulfilled who consecrates his inmost niche with Sri Ram's holy name. Passionate and ceaseless remembrance of Ram-Ram enables the devotee to attain eternal salvation from the mortal world.

Ram - Simran Hove Sahaaee,
Ram - Simran Hai Sukhdaaee.
Ram - Simran Sab Se Oonchaa,
Ram Shakti Sukh Gyaan Samoochaa. ...17.

As the supreme religious practice, recitation of Sri Ram's holy name with devotion and dedication

facilitates all round well being and positive attitude. Sri Ram's constant remembrance is the Highest Act that blesses the devotee with strength, bliss and higher knowledge.

'Simran': Remembering Sri Ram - Sri Ram with utmost faith and keenness.

Ram - Ram Hee Simar Man,
Ram - Ram Sri Ram.
Ram - Ram Sri Ram - Bhaj,
Ram - Ram Hari - Naam. ...18.

O Mind! Remember forever Sri Ram's Holy name. He symbolizes God, the Purifier. Recite forever 'Ram-Ram' as the Name Itself embodies God.

'Hari': The Almighty God who overpowers and conquers all evils.

'Bhaj': (Ruminate) Remembering God's name in the same manner as the animals enjoy chewing the cud long after having eaten the fodder. Likewise, the devotee should be filled with ecstasy and pure bliss as he fondly and passionately remembers and recollects the majestic name of Shri Ram.

Maat-Pitaa Baandhav Sut Daaraa,
Dhan Jan Saajan Sakhaa Pyaaraa.
Ant Kaal De Sake Naa Sahaaraa,
Ram-Naam Teraa Taaran Haaraa. ...19.

As the spirit within prepares to depart from the human body, all the worldly relations and familial bonds prove of no avail. 'Ram - Naam' alone accompanies the Spirit on its onward journey to God's abode and is Its saviour/protector.

Simran Ram-Naam Hai Sangi,
Sakhaa Snehee Suhird Shubh Angi.
Yug-Yug Kaa Hai Ram Sahelaa,
Ram-Bhakt Nahin Rahe Akelaa. ...20.

O Saadhak! Thy only associate, comrade, friend and well-wisher is Sri Ram's holy name that never forsakes and, indeed, has been with the devotees since the beginning of the universe. In fact, Sri Ram's devout devotee is never lonesome, as His blessings and protection are always available to him.

Nirjan-Van Vipad Ho Ghor,
Nibirdh-Nishaa Tam Sab Or.
Jot Jab Ram-Naam Kee Jage,
Sankat Sarva Sahaj Se Bhage. ...21.

Be it a desolate and forsaken jungle, an awesome dark night, seemingly endless tribulations and agonies- all these disappear instantly and of their own accord as soon as our inner being is aglow with the Holy Ram-Naam.

Baadhaa Bardhi Visham Jab Aave,
Vair Virodh Vighna Bardh Jaave.
Ram-Naam Japiye Sukh Daataa,
Sachaa Saathi Jo Hitkar Traataa. ...22.

The devotee should constantly remember and recite 'Ram- Naam' - the infallible (sure) remedy for enmity, hurdles, resistance or opposition as 'Jaap' of 'Ram-Naam' alone proves to be a dependable friend, benefactor and protector.

Man Jab Dhairya Ko Nahin Paave,
Kuchintaa Chitt Ko Choor Banaave.
Ram-Naam Jape Chintaa Choorak,
Chintaamani Chitt Chintan Poorak. ...23.

When faced with acute anxiety, unsteadiness and worries , one should remember 'Ram-Naam' that instantly dissolves all the tensions and, instead, provides the desired blessings and gains.

'Chintaamani': An imaginary stone that fulfils all desires.

Shok Saagar Ho Umrdhaa Aataa,
Ati Dukh Men Man Ghabraataa.
Bhajiye Ram-Ram Bahu Baar,
Jan Kaa Kartaa Berdhaa Paar. ...24.

In trying times of overwhelming grief and gloom, take to incessant(non-stop) recitation of 'Ram-Ram'. You will surely come out of the woods (out of danger).

Kardhi Ghardhi Kathintar Kaal,
Kasht Kathor Ho Klesh Karaal.
Ram-Ram Japiye Pratipaal,
Sukh Daataa Prabhu Deendayaal. ...25.

When hopeless calamities and seemingly insurmountable difficulties stare you in the face, you

should remember and recite 'Ram-Ram'- the Compassionate Benefactor and Provider, every moment of the day.

'Klesh': These are listed as:-

1.' Avidyaa' (Ignorance), 2.'Asmitaa' (Vanity), 3. 'Raag' (Attachment), 4. 'Dvesh' (Aversion, Envy), 5. 'Abhinivesh' (Obstinacy, Obsession).

These are also called five Knots of Ignorance that are difficult to get rid off.

Ghatnaa Ghor Ghate Jis Ber,
Durjan Dukhrdhe Leven Gher.
Japiye Ram-Naam Bin Der,
Rakhiye Ram-Ram Shubh Ter. ...26.

Whenever faced with grave dangers, loathsome people or adverse circumstances, take to incessant recital of Ram-Naam and invoke Sri Ram's Grace passionately and with complete faith in The Saviour.

Ram-Naam Ho Sadaa Sahaayak,
Ram-Naam Sarva Sukhdaayak.
Ram-Ram Prabhu Ram Kee Tek,
Sharan Shaanti Aashraya Hai Ek. ...27.

'Ram-Naam' stands by us steadfastly through thick and thin, and helps, comforts, consoles, sustains and offers perfect refuge (shelter) and serenity like none else.

Poonji Ram-Naam Kee Paaiye,
Paatheya Saath Naam Le Jaaiye.
Naashe Janm Maran Kaa Khatkaa,
Rahe Ram Bhakt Nahin Atkaa. ...28.

Treasure up the invaluable wealth of Ram-Naam, which acts as the guide for the Spirit on its ultimate journey towards salvation. The true 'Saadhak' is always under the constant protection and blessings of Sri Ram, and is never bound by the awesome chains of the Birth - Death cycle from which he gets liberated forever.

Ram-Ram Sri Ram Hai,
Teen Lok Kaa Naath.
Param-Purush Paawan Prabhu,
Sadaa Kaa Sangi Saath. ...29.

Sri Ram is the Supreme Presiding-Deity(God) of all the three worlds(Universe). Himself being the Purest - the Sublimest Sanctifier, Sri Ram blesses His devotees by being with them forever.

'Teen Lok': The three worlds namely the physical world-characterized by mortality and ranging between the visible world and the invisible, abysmal and bottomless world beneath the earth; the space; and the heavens that cover and extend up to God's Abode.

Yagya Tap Dhyaan Yog Hee Tyaag,
Van Kuti Vaas Ati Vairaag.
Ram-Naam Binaa Neeras Phok,
Ram-Ram Jap Tariye Lok. ...30.

In the absence of Ram - Naam, even the lofty practices like yagna, worship, meditation, renunciation and hermitage (life of hermits - sanyasins) lose all significance and meaning. In fact, salvation is possible

only through ceaseless(endless) recitation and remembrance of 'Ram-Ram'.

'Yagya': Action aimed at others' well-being and self- upliftment (altruism).

'Tap': Self-imposed discomfort and denial of pleasures in the pursuit of spiritual attainments.

'Dhyaan': Withdrawal of mental attention from the world and its concentration on Sri Ram's Holy name.

'Tyaag': Liberation from the physical passions and vices.

'Yagna ', 'Tapa' and 'Daan'(offerings) are the acts that ennoble the devotees. ' Tyaag' also means 'Daan'. It implies self-abnegation and renunciation of passions like pride , vanity and the craving (desire) for returns and worldly possessions.

'Vairaagya': To completely ignore the physical comforts and conveniences of this world and the life beyond.

Ram-Jaap Sab Sanyam Saadhan,
Ram-Jaap Hai Karm Aaraadhan.
Ram-Jaap Hai Param-Abhyaas,
Simro Ram-Naam 'Sukh-Raas'. ...31.

'Ram-Jaap' by itself inherently and sufficiently implies and grants self - control as well as the spiritual wealth that really matters. So, remember the supremely sacred and Provider of Bliss 'Ram - Ram'!.

'Sanyam': Control is exercised and achieved by concentrating the attention on a fixed purpose (steadiness of mind).

'Abhyaas': This is achieved through ceaseless and continuous recitation, remembrance and meditation of God's name (Ram-Jaap and Dhyaan).

'Aaraadhan': Singing hymns and songs (Bhajans) to and in the glory of Sri Ram.

Ram-Jaap Kahi Oonchi Karni,
Baadhaa Vighna Bahu Dukh Harni.
Ram-Ram Mahaa-Mantra Japnaa,
Hai Suvrat Nem Tap Tapnaa. ...32.

Higher and loftier than everything else is Ram-Jaap that overcomes all problems, hurdles, irritants and pains.

Ram-Jaap is the most auspicious vow of devotion, meditation and spiritual practice.

'Suvrat': Recitation of Ram-Ram in every time, clime and condition.

Ram-Jaap Hai Saral Samaadhi,
Hare Sab Aadhi Vyaadhi Upaadhi.
Ridhi-Sidhi Aur Nav-Nidhaan,
Daataa Ram Hai Sab Sukh-Khaan. ...33.

'Ram-Jaap' is simple and uncomplicated, easy to practice and cures all ills and troubles - physical, mental and spiritual. 'Ram-Jaap' leads to success, strength, affluence and intuitive powers (spiritual and extra-sensory).

'Ridhi-Sidhi': Affluence, success.

Ram-Ram Chintan Suvichaar,
Ram-Ram Jap Nishchaya Dhaar.
Ram-Ram Sri Ram-Dhyaanaa,
Hai Param-Pad Amrit Paanaa. ...34.

Forever contemplate 'Sri Ram-Ram' as nothing else deserves thought or concentration! Recite Sri Ram's

holy Name with faith and firm determination to attain the state of Supreme Consciousness, Bliss and Knowledge!

'Param-Pad': 'Brahm Dhaam'- the Ultimate Abode of the Lord of the Universe that remains resplendent by itself irrespective of the Sun, the Moon and the Fire. Once a 'Jeev Aatman' - the human soul - enters this Ultimate Abode, it returns no longer to the physical world and is in a state of eternal bliss and ecstasy completely oblivious(forgetful) of and immune to joy and sorrow, decay and extinction.

Ram-Ram	**Sri**	**Ram**	**Hari,**
Sahaj	**Param**	**Hai**	**Yog.**
Ram-Ram	**Sri**	**Ram**	**Jap,**
Daataa	**Amrit**	**-**	**Bhog. ...35.**

The holy Ram-Naam unites the human soul with Sri Ram-the Supreme Soul with ease and without any doubt. So, recite Sri Ram-Ram to attain the nectar of divinity!

Naam Chintaamani Ratna Amol,
Ram-Naam Mahimaa Anmol.
Atul Prabhaav Ati-Prataap,
Ram-Naam Kahaa Taarak Jaap. ...36.

Ram-Naam is a jewel that is invaluable, unique and incomparable in its effectiveness and limitless power. While the profundity, grace and majesty of the holy Ram-Naam cannot be overestimated, it helps the devotees in getting salvation('Moksha'- deliverance of the soul from the human bondage).

Beej Akshar Mahaa-Shakti-Kosh,
Ram-Ram Jap Shubh-Santosh.
Ram-Ram Sri Ram-Ram Mantra,
Tantra Beej Praatpar Yantra. ...37.

Ram-Naam embodies the source and reservoir of power and strength, bestows contentment and fulfilment and is the primary impetus (driving force) behind the occult (supernatural, magical and mystical phenomena). Sri Ram pleases all, disappoints none, and is the most effective talisman against evil designs and deeds. What is not obtained through the benign

benediction of Sri Ram cannot be realized from anyplace or anyone else.

'Tantra': Principles of Tantric Science (Occult). Various methods of achieving occult powers.

'Yantra': Talisman; ways of achieving results through ritualistic performance of sacred and realized 'mantras'.

Beejaakshar Pad Padma Prakaashe,
Ram-Ram Jap Dosh Vinaashe.
Kundalini Bodhe, Sushmanaa Khole,
Ram Mantra Amrit Ras Ghole. ...38.

Ram-Naam awakens the metaphysical energy centres located within us, smothers (curbs) lowly vices, awakens 'Kundalini'(spiritual energy) and accelerates the flow of energy in the 'Sushmanaa Naadi'. Ram-Naam fills our inner being with celestial bliss and pure joy.

'Kundalini': Serpentine/coiled up spiritual energy that lies dormant at the root of the spinal column in the midst of 'Moolaadhaar Chakra'.

'Sushmanaa': Located in the Kamal Naadi that is ensconced by Ingla - Pingla Naadis. On being awakened, 'Kundalini' flows upward through 'Sushmanaa Naadi'.

Upje Naad Sahaj Bahu-Bhaant,
Ajpaa Jaap Bheetar Ho Shaant.
Ram-Ram Pad Shakti Jagaave,
Ram-Ram Dhun Jabhi Ramaave. ...39.

Ram-Naam facilitates divine revelations and bestows the gift of soundless echo. While the devotee is filled with perfect calm and quietude, he also experiences the beginning of uninterrupted recitation of holy 'Ram-Ram' without making any conscious effort. As the devotee's heart and soul are finely tuned in to the divine and sublime Ram-Naam, the various spiritual powers that lie asleep within are also awakened.

'Naad': Subtle metaphysical/divine sound audible to the devotee during meditation.

Ram-Naam Jab Jage Abhang.
Chetan-Bhaav Jage Sukh Sang.
Granthi Avidyaa Toote Bhaari,
Ram-Leela Kee Khile Phulwaari. ...40.

Constant recital of Ram-Naam awakens us to the truth: 'I am the Soul' with great sense of joy, as opposed to the illusion born of ignorance 'I am the Body'. Indeed,

the bright light of Ram-Naam dispels the dark clouds of ignorance filling our inner being with abiding ecstasy and bliss.

Patit - Paawan Param - Paath,
Ram - Ram Jap Yaag.
Safal Siddhi Kar Saadhnaa,
Ram - Naam Anuraag. ...41.

Invocation of Ram-Naam with devotion, faith and passion fructifies our spiritual practice (yields the desired result) by cleansing and edifying us morally and spiritually.

Teen Lok Kaa Samjhiye Saar,
Ram-Naam Sab Hee Sukhkaar.
Ram-Naam Kee Bahut Bardhaaee,
Ved Puraan Muni Jan Gaaee. ...42.

The Provider of CALM and HAPPINESS, Sri Ram epitomizes (representing another in miniature form) the Soul of the Universe. The ancient scriptures, sages and saints have rightly sung praises of Sri Ram-Naam's Glory and Grandeur.

'Teen Lok Kaa Saar': Epitome of the three worlds (Universe).RAM is formed by the unison of 'R'of 'Agni'(place for agni-fire is earth),'A' of 'Surya'(place for sun is in the heaven) and 'M' of 'Chandra'(place for moon is the space between the earth and the heaven).

'Muni': One who remains engrossed in God's remembrance.

Yati Sati Saadhu Sant Sayaane,
Ram-Naam Nish-Din Bakhaane.
Taapas Yogi Sidh Rishivar,
Japte Ram-Naam Sab Sukhkar. ...43.

Songs of praise are sung in the glory of Sri Ram-Naam, all the time by one and all. The ascetic, the devout and the faithful wife, sages, hermits and even the realized saints beseech the blessings, grace and benediction by reciting Ram-Ram.

'Yati': One who exercises complete control over his senses.

'Sati': Spouse (wife) with resolute fidelity in action as well as thought.

'Sidh': One who has attained spiritual powers

Bhaavanaa Bhakti Bhare Bhajneek,
Bhajte Ram-Naam Ramneek.
Bhajte Bhakt Bhaav-Bharpoor,
Bhram-Bhaya Bhed-Bhaav Se Door. ...44.

Those used to singing devotional hymns revel and become ecstatic (divinely happy) in reciting Sri Ram's adorable 'Naam' and rise above the common pitfalls (weaknesses) of fear, doubt and bias (discrimination).

Poorn Pandit Purush-Pradhaan,
Paavan-Param Paath Hee Maan.
Karte Ram-Ram Jap-Dhyaan,
Sunte Ram Anaahad Taan. ...45.

The 'Pundits' (experts), pioneers and prominent people concentrate their thoughts and attention on the glory of 'Ram-Ram' considering Its recitation to be the most auspicious. Devout, passionate and daily recitation and remembrance of Sri Ram along with meditation on His Holy Name blesses the devotees, who are filled with divine ecstasy as soon as subtle and soundless, non-stop and spontaneous recitation of Ram-Ram begins within.

'Anaahad Taan': Sound originating in the fore part of the tongue is called 'Vaikhri'; in the throat as 'Madhyama'; in the heart as 'Pashyanti'; in the navel as 'Para-vaani'.;

'Pashyanti Naad' is known as 'Anaahad Naad'. Soundless remembrance 'Ajpaa Jaap' of Sri Ram takes place in the heart as 'Anaahad Naad'.

Is Men Surti Sur Ramaate,
Ram-Ram Swar Saadh Samaate.
Dev Devigan Daiv Vidhaataa,
Ram-Ram Bhajte Gantraataa. ...46.

Deeply engrossed in the remembrance of holy 'Ram-Naam', the fond devotees, godmen and sages – all enjoy being in a state of bliss and divine ecstasy. As a matter of fact, the gods and goddesses, the blessed souls that live in the Higher World (Heaven), nay the Creator and the Preserver themselves invoke and remember 'Ram-Ram', signifying that the followers of different sects such as 'Vaishnavas', 'Shaivas' and 'Shaaktas' alongwith worshipping their personal deity remember and recite 'Ram-Ram'.

'Sur' : angels/gods like Indra.
'Dev' : Brahma, Shiva.
'Devigan' : 'Saraswati','Lakshmi', 'Paarvati' (Symbols of knowledge, wealth, power/ Energy).
'Daiv' : Denizens (Inhabitants) of Heaven.
'Vidhaataa' : The Creator
'Gantraataa' : Shiva, Vishnu, Shakti, Ganapati.

Ram-Ram Suguni Jan Gaate,
Swar-Sangeet Se Ram Rijhaate.
Keertan-Kathaa Karte Vidwaan,
Saar Saras Sang Saadhanwaan. ...47.

Men of nobility and rectitude (moral uprightness) please Sri Ram through devotional and soulful hymns sung in His glory. The scholars and the knowledgeable persons expound His glory and the devotees go ecstatic in idolizing and highlighting the sweet essence and significance of the holy 'Ram Naam'

Mohak Mantra Ati Madhur,
Ram - Ram Jap Dhyaan.
Hotaa Teeno Lok Men,
Ram - Naam Gun - Gaan. ...48.

The recital of and meditation on the holy Ram-Ram is highly satisfying, ennobling and edifying. In fact, the whole Universe is resonant with(echoes) the qualities and glory of divinely vibrant 'Ram-Naam'.

Mithyaa Man-Kalpit Mat-Jaal,
Mithyaa Hai Moh-Kumad-Baital.
Mithyaa Man-Mukhiaa Manoraaj,
Sachaa Hai Ram-Ram Jap Kaaj. ...49.

Illusory(deceptive) and ephemeral (short-lived) are the sects and beliefs that originate in vanity, self-glorification and selfishness. It is also illusive and undesirable to live in the make - believe (unreal) world of impulses and unbridled (uncontrolled) passions.

Only the act of remembrance and recitation of Ram-Naam is the complete truth.

Mithyaa Hai Vaad-Vivaad Virodh,
Mithyaa Hai Vair Nindaa Hath Krodh.
Mithyaa Droh Durgun Dukh Khaan,
Ram-Naam Jap Satya Nidhaan. ...50.

Illogical debate, irrational argumentation, allegations and counter-allegations, envy, stubbornness, anger, jealousy and enmity - all represent falsehood and should be avoided as the potential dispensers of pain and misfortune. Recitation of 'Ram-Naam' alone leads us to the inexhaustible treasure of Truth.

Satya-Mulak Hai Rachnaa Saari,
Sarva-Satya Prabhu-Ram Pasaari.
Beej Se Taru Makkardhi Se Taar,
Huaa Tyon Ram Se Jag Vistaar. ...51.

The entire creation originated in Truth which in turn emanated from Sri Ram, Who is Himself the Absolute Truth. Just as the seed blossoms into the tree and the spider weaves the web, in the same manner the entire Cosmos evolved as a consequence of Sri Ram's Grace.

Vishwa-Vriksh Kaa Ram Hai Mool,
Us Ko Tu Praanee Kabhi Na Bhool.
Saans-Saans Se Simar Sujaan,
Ram-Ram Prabhu-Ram Mahaan. ...52.

Sri Ram is the vital life force, the chief inspiration behind the Tree of Life - The Universe. O Man! Never for a moment should Thou forget Him. O Enlightened Being! breathe in and out only the glories of Sri Ram.

Laya Utpatti Paalanaa-Roop,
Shakti-Chetnaa Aanand-Swaroop.
Aadi Ant Aur Madhya Hai Ram,
Asharan-Sharan Hai Ram-Vishraam. ...53.

Sri Ram is the Refuge and Protector of the helpless and the hapless in the world. The Creator, Preserver and Destroyer of the Universe and the symbol of Bliss, Energy, and Knowledge, Sri Ram is the Beginning, the Middle and the End of Creation.

Ram-Ram Jap Bhaav Se,
Mere Apne Aap.
Param-Purush Paalak-Prabhu,
Hartaa Paap Tritaap. ...54.

O my Inner Being! Recite with fondness, passion and faith the Holy Name of Sri Ram, Who preserves, protects and sustains all. The Lord of Lords, Sri Ram annihilates (finishes) evils and evil deeds.

Ram-Naam Binaa Vrithaa Vihaar,
Dhan-Dhaanya Sukh-Bhog Pasaar.
Vrithaa Hai Sab Sampad Sammaan,
Hove Tan Yathaa Rahit Praan. ...55.

In the absence of Ram-Naam, everything becomes useless and meaningless - recreation, delicacies, riches and eminence. Without this Holy Name, all the worldly possessions become insignificant and irrelevant like the mortal human body without the pulsating life within.

Naam Binaa Sab Neeras Swaad,
Jyon Ho Swar Binaa Raag Vishaad.
Naam Binaa Nahin Saje Singaar,
Ram-Naam Hai Sab Ras Saar. ...56.

Without the grace and blessings of the Holy Ram-Naam, everything loses its intrinsic value. In fact,

taste becomes tasteless just as music sounds depressing without melodiousness. Likewise all attempts at self-beautification fail to acquire grace and attraction in the absence of Ram-Naam. To be sure, Ram-Naam alone is the core and spirit of all enjoyments.

Jagat Kaa Jivan Jaano Ram,
Jag Kee Jyoti Jaajwalyamaan.
Ram-Naam Binaa Mohinee-Maayaa,
Jivan-Heen Yathaa Tan-Chhaayaa. ...57.

Know Sri Ram to be the Nerve-Centre, the Light, the Spirit and Consciousness of the Universe. In the absence of Sri Ram's blessings, the moving spirit of the Universe will lose its vitality and be as lifeless as the mere shadow of the human body.

Soonaa Samjhiye Sab Sansaar,
Jahaan Nahin Ram-Naam Sanchaar.
Soonaa Jaaniye Gyaan-Vivek,
Jis Men Ram-Naam Nahin Ek. ...58.

Devoid (in absence) of Ram-Naam, the entire world would be a desolate wilderness (without any human

beings) and an inanimate (lifeless) phenomenon. Knowledge, reasoning and intellect would remain barren and hollow unless these are inspired and blessed by the Holy Ram-Naam.

Soone Granth Panth Mat Pothe,
Bane Jo Ram-Naam Bin Thothe.
Ram-Naam Bin Vaad-Vichaar,
Bhaari Bhram Kaa Kare Prachaar. ...59.

Without Ram-Naam, all the 'holy' books and scriptures, religious sects and beliefs, ideologies, logic, reasoning and the schools of thought are shallow, insignificant and irrelevant and spread only falsehood and confusion.

Ram-Naam Deepak Binaa,
Jan-Man Men Andher.
Rahe, Is Se He Mam-Man, ...60.
Naam Sumaalaa Pher.

O Mind! Forever tell the beads of Ram-Naam rosary (maalaa) so as to ensure perpetual divine light within. The life would be dark and awesome otherwise.

Ram-Ram Bhaj Kar Sri Ram,
Kariye Nitya Hee Uttam Kaam.
Jitne Kartavya Karm Kalaap,
Kariye Ram-Ram Kar Jaap. ...61.

The devotee should always recite 'Ram-Ram' with reverence even while performing the worldly duties including the responsibilities of the job or business. Recital of the holy 'Ram-Ram' is the noblest and purest deed, which must be, performed daily (without fail).

Kariye Gamnaagam Ke Kaal,
Ram-Jaap Jo Kartaa Nihaal.
Sote Jagte Sab Din Yaam,
Japiye Ram-Ram AbhiRam. ...62.

Sri Ram's sacred name blesses us with satisfaction and happiness. Thus, we should constantly go on reciting the splendidly enchanting and blissful 'Ram-Ram' every moment whether awake or asleep, coming hither or going hence.

Japte Ram-Naam Mahaa Maalaa,
Lagtaa Narak-Dwaar Pai Taalaa.
Japte Ram-Ram Jap Paath,
Jalte Karm Bandh Yathaa Kaath. ...63.

'Ram-Naam' is so powerful that its devout devotee has no fears of the hell since 'Ram-Ram' ensures the Saadhak's salvation by neutralizing(burning) the evil and inauspicious actions ('Karma') like envy, jealousy, anger, pride and selfishness in the same manner in which dried up wood burns instantly.

Taan Jab Ram-Naam Kee Toote,
Bhaandaa-Bharaa Abhaagya Bhaya Phoote.
Mankaa Hai Ram-Naam Kaa Aisaa,
Chintaa-Mani Paaras-Mani Jaisa. ...64.

As the devotee's inner being reverberates with ceaseless remembrance and recitation of the Holy Ram-Naam, the receptacle (container, vessel) filled with fear, calamities and misfortunes explodes. The beads of Ram-Naam rosary alone have the divine touch that cures all ills and troubles like the alchemic stone that turns baser metals into gold.

'Paaras-Mani': (Alchemic Stone) A stone which when it touches iron transforms it into gold.

Ram-Naam Sudhaa-Ras Saagar,
Ram-Naam Gyaan Gun-Aagar.
Ram-Naam Sri Ram-Mahaaraaj,
Bhav-Sindhu Men Hai Atul-Jahaaj. ...65.

'Ram-Naam' is an ocean of nectar that immortalizes; an inexhaustible (endless) treasure of higher knowledge (Self-realization) and noble and moral traits. 'Sri Ram-Naam, Sri Ram' - the Presiding Deity of the Universe, is the unparalleled and yet never-failing spiritual vessel to ensure smooth voyage for the human soul to eternal salvation.

Ram-Naam Sab Teerth-Sthaan,
Ram-Ram Jap Param-Snaan.
Dho Kar Paap-Taap Sab Dhool,
Kar De Bhaya-Bhram Ko Unmool. ...66.

'Ram-Naam' embodies and embraces all the holy places of pilgrimage, provides complete spiritual ablution to cleanse us of the worldly dirt and dross (evil effect of the vices and passions) like fear, doubt and misconceptions.

Ram-Jaap Ravi-Tej Samaan,
Mahaa-Moh-Tam Hare Agyaan,
Ram-Jaap De Aanand Mahaan,
Mile Use Jise De Bhagwaan. ...67.

As the bright sunshine dispels (removes) darkness and fills the universe with light and warmth, similarly, 'Ram-Naam' bestows rare spiritual bliss on the devotees so 'chosen' by dispelling their ignorance, darkness and delusions.

Ram - Naam Ko Simariye,
Ram - Ram Ek Taar.
Param - Paath Paawan - Param,
Patit Adham De Taar. ...68.

Ceaseless (non-stop) recital of 'Ram-Naam' cleanses, ennobles and elevates even the chronic evildoers. As such, one should forever go on reciting the holiest of the holy 'Ram-Ram' with feeling, faith and fervour (zeal).

Maangoon Main Ram-Kripaa Din Raat,
Ram-Kripaa Hare Sab Utpaat.
Ram-Kripaa Leve Ant Sambhaal,
Ram-Prabhu Hai Jan Pratipaal. ...69.

I invoke Sri Ram's Grace (and Forgiveness) so as to protect and secure myself against troubles, turmoils, sinister (evil) designs and misfortunes. As the Preserver and Protector, Sri Ram's Grace saves and secures at the end of this mortal life.

Ram-Kripaa Hai Uchtar-Yog,
Ram-Kripaa Hai Shubh Sanyog.
Ram-Kripaa Sab Saadhan-Marm,
Ram-Kripaa Sanyam Satya Dharm. ...70.

Sri Ram's Grace and Compassion is the noblest form of divine benediction; the core content of spirituality; the quintessence of metaphysics ('Rahasyavaad'); and the sure way to Supreme Will-Power, conquest of the Self and Knowledge of the Highest Religion.

Ram-Naam Ko Man Men Basaanaa,
Supath Ram-Kripaa Kaa Hai Paanaa.
Man Men Ram-Dhun Jab Phire,
Ram-Kripaa Tab Hee Avtare. ...71.

Imbibing Sri Ram's Holy Name is a sublime way of receiving His Grace. Only when the heart is genuinely imbued (filled) and resonant with Ram-Naam, do Sri Ram's Grace and Benediction bless the devotee.

'Dhun': Spontaneous, continuous and harmonious resonance of the Holy Ram-Naam within the Devotee.

Rahoon Main Naam Men Ho Kar Leen,
Jaise Jal Men Ho Meen Adeen.
Ram-Kripaa Bharpoor Main Paaoon,
Param Prabhu Ko Bheetar Laaoon. ...72.

Just as the marine life (sea animals like fish) roam around fearlessly in water, I wish to be fully immersed in the glory of Ram-Naam and to experience Oneness and complete identification with Sri Ram and His Grace. Indeed, Sri Ram and His Grace are one and inseparable from each other.

Bhakti-Bhaav Se Bhakt Sujaan,
Bhajte Ram-Kripaa Kaa Nidhaan.
Ram-Kripaa Us Jan Men Aave,
Jis Men Aap Hee Ram Basaave. ...73.

It is with extreme fondness and reverence that the learned and the devout remember and invoke the benediction of Sri Ram who is the Apostle and Fountainhead of Compassion and Grace. Indeed, Sri Ram Himself wills and chooses his Beneficiaries – Recipients.

Kripaa Prasaad Hai Ram Kee Deni,
Kaal-Vyaal Janjaal Har Leni.
Kripaa-Prasaad Sudhaa-Sukh-Swaad,
Ram-Naam De Rahit Vivaad. ...74.

Sri Ram Himself bestows His Grace on the devotees and liberates the human souls from the clutches and fangs of Time - the Ruthless (without pity) Serpent. Indeed, Sri Ram's Grace provides the nectarous (like nectar) bliss surely and unmistakably.

Prabhu-Prasaad Shiv-Shaanti-Daataa,
Brahm-Dhaam Men Aap Pahunchaataa.
Prabhu-Prasaad Paave Wah Praanee,
Ram-Ram Jape Amrit-Vaani. ...75.

He attains Sri Ram's Grace and Benevolence who chants His divine name keenly and fervently. Such a devotee also experiences Sri Ram's liberal munificence (generosity) in being blessed with bliss and inner peace, and is led to God's abode.

Aushadh Ram-Naam Kee Khaaiye,
Mrityu Janm Ke Rog Mitaaiye.
Ram-Naam Amrit Ras-Paan,
Detaa Amal Achal Nirvaan. ...76.

The only 'medicine' worth taking is the Holy Ram-Naam that Surely delivers and liberates us from the endless chain of life and death, the agony and travails (pain) of mortal life, and leads us to salvation (immortality of the soul) of the purest and highest order.

Ram-Ram Dhun Goonj Se,
Bhav-Bhaya Jaate Bhaag.
Ram-Naam Dhun Dhyaan Se,
Sab Shubh Jaate Jaag. ...77.

With the echoes of the sound of holy 'Ram-Ram' all apprehensions of the birth-death-birth cycle disappear. Also vanish all the evil forces yielding place to the auspicious forces of all round well being after the devotee trains his mind and attention on the Holy sound of 'Ram-Ram'.

Maangoon Main Ram-Naam Mahaadaan,
Kartaa Nirdhan Kaa Kalyaan.
Dev-Dwaar Par Janm Kaa Bhookhaa,
Bhakti Prem Anuraag Se Rookhaa. ...78.

I humbly beseech (request) and pray for the benefaction of the unparalleled Ram-Naam that dispels (removes) privation and poverty, and grants all the blessings. For the past innumerable lives, I have been devoid of His Grace and am indeed without any positive traits (qualities) like devotion, ardent desire, faith and genuine spiritual quest (search).

'Par Hoon Teraa'-Yah Liye Ter,
Charan Pardhe Kee Rakhiyo Mer.
Apnaa Aap Virad-Vichaar,
Deejiye Bhagwan! Naam Pyaar. ...79.

I passionately beseech Thee, O Lord, Sri Ram! because 'I am Thine' only. Here do I lie prostrate before Thee! Pray, bethink Thine stature, magnificence, fame and, being unmindful of my vices and frailties, grant me Thine Forgiveness, Patronage, Affection, Blessings and unshakeable faith in my devotion for You!

Ram-Naam Ne We Bhee Taare,
Jo The Adharmi-Adham Hatyaare.
Kapti - Kutil - Kukarmi Anek,
Tar Gaye Ram-Naam Le Ek. ...80.

The holy 'Ram-Naam' ensured ultimate salvation even to those who were atheistic and irreligious, and who led a life of wickedness, immorality, crime, promiscuity (indiscriminate physical relations), deceit and treachery. This was the result of remembering Sri Ram's.Name only.

Tar Gaye Dhriti-Dhaarnaa Heen,
Dharm-Karm Men Jan Ati Deen.
Ram-Ram Sri Ram-Jap Jaap,
Huye Atul - Vimal - Apaap. ...81.

The Graciousness of 'Sri Ram-Naam' saves the souls of even those who lack steadiness, faith, self-restraint and are irreligious and overtly indulgent (fond of pleasure). The holiest of the holy 'Ram-Ram' helped and sustained the worst offenders and criminals, who were absolutely cleansed and purified without any traces of past sinfulness.
'Dhriti': steadiness.

Ram-Naam Man Mukh Men Bole,
Ram-Naam Bheetar Pat Khole.
Ram-Naam Se Kamal-Vikaas.
Hoven Sab Saadhan Sukh-Raas. ...82.

Silent and persistent recitation of the Holy 'Ram-Naam' dispels(removes) with its resplendence (dazzling brightness) the dark clouds of ignorance and, instead, fills the devotee's inner being with Superconsciousness. Knowledge of the 'Brahman'-the

Lotus brings our spiritual quest (search) to its grand finale-Oneness with the Creator.

Ram-Naam Ghat Bheetar Base,
Saans-Saans Nas-Nas Se Rase.
Sapne Men Bhee Na Bisre Naam,
Ram-Ram Sri Ram-Ram-Ram. ...83.

When the Holy 'Ram-Naam' pervades (fills) our heart and soul, the entire Being, including every pore and breath, pulsates with Sri Ram's Grace as spontaneously as the hilly springs gush forth effortlessly. Thereafter, not in the slumberous state (dreams) does the devotee become oblivious (forgetful) of the auspicious 'Ram-Ram'. Instead, 'Ram-Ram Sri Ram-Ram-Ram' becomes integral part of his consciousness and he experiences abiding remembrance of 'Ram-Naam'.

Ram-Naam Ke Mel Se,
Sadh Jaate Sab - Kaam.
Dev-Dev Deve Yadaa.
Daan Mahaa - Sukh - Dhaam. ...84.

Sri Ram's noble and compassionate 'Naam' helps in realizing all our goals. The devotee experiences

fulfilment of his human existence. The truly lasting and indestructible wealth of ultimate bliss is received when God of Gods, Sri Ram blesses us with it.

Aho! Main Ram-Naam Dhan Paayaa,
Kaan Men Ram-Naam Jab Aayaa.
Mukh Se Ram-Naam Jab Gaayaa,
Man Se Ram-Naam Jab Dhyaayaa. ...85.

How indeed lucky am I to have been blessed with the most invaluable wealth of 'Ram-Naam'! This priceless treasure became mine only when with faith and feeling I began to recite, listen to and contemplate 'Ram-Naam'- steadfastly and without any distraction (interruption).

Paa Kar Ram-Naam Dhan-Raashi,
Ghor-Avidyaa Vipad Vinaashi.
Bardhaa Jab Ram Prem Kaa Poor,
Sankat-Sanshaya Ho Gaye Door. ...86.

As the devotee is blessed with the unique spiritual wealth of 'Ram-Naam', the dark and painful clouds of ignorance dissolve and disappear. Also get washed away in the deluge (flood) of Sri Ram's Grace all the evil forces of fear, doubt and misfortune. Fond and devout devotion

to Sri Ram transforms itself into an infallible remedy and antidote for even the worst forms of ignorance, doubts and misfortunes.

Ram-Naam Jo Jape Ek Ber,
Us Ke Bheetar Kosh-Kuber.
Deen-Dukhiyaa-Dridra-Kangaal,
Ram-Ram Jap Hove Nihaal. ...87.

Passionate and soulful remembrance of Ram-Naam, even though once, enriches the devotee spiritually in a way that can compare well with Mammon - God of Wealth. Recital of 'Ram-Ram' with devotion and faith endows even the helpless, hapless, destitute, indigent (needy) and depressed with wealth, affluence, eminence and good luck.

Hirdaya Ram-Naam Se Bhariye,
Sanchaya Ram-Naam Dhan Kariye.
Ghat Men Naam Moorti Dhariye,
Poojaa Antarmukh Ho Kariye. ...88.

We should amass and accumulate the only sacrosanct wealth of 'Ram-Naam' in our hearts. In fact,

'Ram-Naam' should be embedded in the inmost niche of our Being. We should introspect and forever remain in a state of devout and profound contemplation on the glories of Sri Ram Who graces our inner being.

Aankhen Moond Ke Suniye Sitaar,
Ram-Ram Sumadhur Jhankaar.
Us Me Man Kaa Mel Milaao,
Ram-Ram Sur Men Hee Samaao. ...89.

We should be attuned to the celestial (heavenly) harmony emanating (originating) from the holy 'Ram-Ram' that forever orchestrates (runs, performs) within. In fact, our consciousness should lose its independent identity and mingle and merge with Sri Ram's Superconsciousness.

Japoon Main Ram-Ram Prabhu Ram,
Dhyaaoon Main Ram-Ram Hare Ram.
Simroon Main Ram-Ram Prabhu Ram,
Gaaoon Main Ram-Ram Sri Ram. ...90.

O Most Adorable, Sri Ram! Grant me the blessing of invoking and remembering Thy Holy Name each

moment and every breath of my life. I wish to meditate, contemplate and sing devoutly the glories of Thine Name alone.

Amritvaani Kaa Nitya Gaanaa,
Ram-Ram Man Beech Ramaanaa.
Detaa Sankat-Vipad Nivaar,
Kartaa Shubh Sri Manglaachaar. ...91.

Daily recital of Sri Amrit Vaani with faith and reverence fosters the installation of 'Ram-Ram' in the inmost niche of our Being - Soul. Regular and devotional recitation of Sri Amrit Vaani guards against all worries and troubles, and augurs all round well-being, abundance of affluence, health and happiness.

Ram - Naam Jap Paath Se,
Ho Amrit Sanchaar.
Ram - Dhaam Men Preeti Ho,
Sugun - Gan Kaa Vistaar. ...92.

Reverential recital and contemplation of 'Ram-Naam' grants the gift of divine nectar and enhances the devotee's spiritual attainments manifold, strengthens

the spiritual bond with Sri Ram and fosters positive and lofty traits (qualities).

Taarak Mantra Ram Hai,
Jis Kaa Sufal Apaar.
Is Mantra Ke Jaap Se,
Nishchaya Bane Nistaar. ...93.

Ram-Mantra is the Redeemer and Saviour which delivers our soul from the mortal bondage (captivity in the perishable human body). Be sure that remembrance of this Mahaa-Mantra leads to salvation as well as provides all round bliss, good fortune, God-Realization and Oneness with the Supreme Being. (May our faith in the Mahaa-Mantra of Ram-Naam be resolute and unshakeable).

DHUN
(The Choric Song)

1. Bolo Ram, Bolo Ram, Bolo Ram Ram Ram.
2. Sri Ram, Sri Ram, Sri Ram Ram Ram.
3. Jaya Jaya Ram, Jaya Jaya Ram,Jaya Jaya Ram Ram Ram.
4. Jaya Ram Jaya Ram, Jaya Jaya Ram,
   Ram Ram Ram Ram, Jaya Jaya Ram.
5. Patit Paawan Naam, Bhaj Le Ram Ram Ram;
   Bhaj Le Ram Ram Ram , Bhaj Le Ram Ram Ram.
6. Asharan Sharan Shaanti Ke Dhaam,
   Mujhe Bharosaa, Teraa Ram;
   Mujhe Bharosaa Teraa Ram,
   Mujhe Bharosaa, Teraa Ram.
7. Ramaaya Namaha, Sri Ramaaya Namaha,
   Ramaaya Namaha, Sri Ramaaya Namaha.
8. Aham Bhajaami Ramam, Satyam Shivam Mangalam,
   Satyam Shivam Mangalam, Satyam Shivam Mangalam.

Vridhi-Aastik Bhaav Kee,Shubh Mangal Sanchaar.
Abhyudya Sadd-Dharm Kaa, Ram Naam Vistaar.

: A devout and selfless invocation to God of Gods Sri Ram :

'May, with the Grace and Benevolence of the Supreme Soul - SRI RAM, the world be led into abiding faith and knowledge of the all-pervasive godliness, goodness and well-being! Let true spirituality permeate the universe and the holiest of the holy Ram-Naam transcend (rise above) all barriers!'

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